



PIGEON POST


Keeping you informed & involved


February 2021





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INSIDE THIS ISSUE



Welcome to the February issue of Pigeon Post. We're all feeling a bit more positive as the vaccination roll out continues and we're pleased to have been able to take a few of you to your appointments. And there's still time to get in touch if you are

struggling to get to yours.

So another packed issue... our usual mix of puzzles, recipes, tips and crafts plus a touching poem and some lovely stories by our readers.

Our Pet Pal of the Month is Kushka the campervan cat who is possibly Barnet's most well-travelled cat! We'd love to hear about your pet too.

We have an interesting piece on why we've become a bit more forgetful during lockdown (don't worry, it's only temporary!) And talking of memory, can you recall the TV shows from the stills in our look back at 1960s TV on page 9?

So grab a cup of tea, relax and enjoy.

Have a good month!

Helen Newman
Chief Executive
Age UK Barnet

*"Tomorrow will be
a good day"*
Captain Sir Tom Moore



QUICK HEALTHY WINTER SOUPS

Soups offer endless possibilities to add more immune-boosting vegetables, beans and pulses to our diet, says cookery volunteer Kato. Why not try her tasty, energising winter warmers?



Broccoli soup

On a low heat, sauté 1 chopped onion and 1 chopped garlic clove in 1 tbsp olive or rapeseed oil for 8 minutes. Add 400g fresh or frozen chopped broccoli, 300g frozen peas, 200g kale/chard/spring greens/spinach, and 4 cups vegetable stock. Bring

to the boil and simmer for 25 minutes. Add a ½ bunch of chopped basil, a bunch of chopped dill, and the zest and juice of 1 lemon. Process in a blender – keep a few peas and broccoli bits to add for texture before serving.



Curried butternut and apple soup

On a low heat, sauté 2 cups chopped onions and 4 tsp curry powder in 2 tbsp olive oil for 20 minutes. Add 2 chopped green apples, 5 cups chopped butternut, and 3-4 cups chicken stock. Bring to a boil and simmer for 25 minutes. Process in a

blender, and then add 1 cup apple juice, seasoning to taste, and more cooking liquid if required. Simmer briefly before serving.

To speed up the cooking, keep a container in the freezer of a few portions of chopped soffrito mix (one portion is 2 carrots, 2 celery sticks, 1 onion and 2 garlic cloves), which can form the basis of almost any soup. Toast one bag each of sunflower and pumpkin seeds, which will keep in the cupboard for 1-3 months, to sprinkle on soups before serving. And add a handful of kale, spinach or chard to almost any soup before serving. The recipes here are for four people – leftovers can be frozen in individual containers.



Minestrone soup

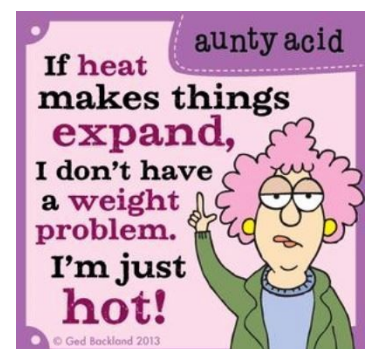
Sauté one portion of soffrito mix in 2 tbsp olive oil for 5-10 minutes. Add 1 tsp each of dried parsley, basil and oregano and sauté for another minute. Add one chopped unpeeled potato, a can of chopped tomatoes, a can of chickpeas, and 3-4 cups of vegetable stock. Bring to the boil and simmer for 25 minutes. Add a handful of leafy greens before serving.



Mexican black bean soup

Sauté one portion of soffrito mix in 2tbsp olive oil for 5-10 minutes. Add 3 cups chicken stock, 1 can drained black beans, a 250ml jar salsa (look for a brand with no added sugar) and a cup of frozen sweetcorn, bring to the boil and simmer for 25 minutes. Meanwhile, process 1 can drained black beans and a 250ml jar salsa in a blender.

Add the black bean purée to the soup while cooking. It can be frozen at this stage. Serve with a handful of strong grated cheddar cheese, chopped coriander leaves, juice of ½ lime, sour cream or Greek yoghurt, and a few slices of jarred jalapeno peppers to taste. For a treat, add a few crushed plain





A poem written three years ago by James Hale from Barnet whose wife and best friend lived with dementia

I wish I could snatch that monster away
It seems to spoil almost every day
That monster Alzheimer's is to blame
It lurks within my dear wife's brain
Oh how I yearn for those years gone by
When I could laugh and never cry



I feel guilty now of what I have done
To the girl I married who gave me fun
Dementia made me throw in the towel
She is safe within a care home now
I love her dearly but she doesn't know
My heart sinks when I leave her and go

Mobility regression now comes into play
It's a cruising reality I see every day
Our happy life is a thing of the past
Mollie's mental regression is oh so fast
Too late for my dear wife now, but pray
A cure for dementia will be found one day
Oh how I wish I could snatch that monster away



Dedicated to Mollie (2 Jan 1934 – 30 May 2019)

OVER TO YOU!



YOUR LIVES, YOUR STORIES!

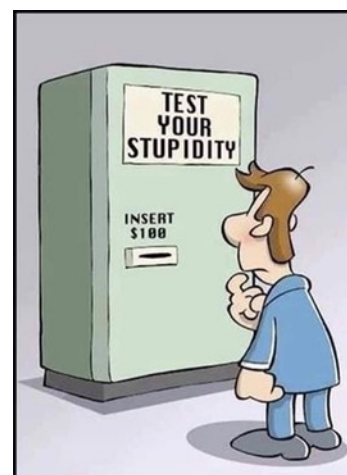


Maybe you've got a cleaning tip, recipe idea, a useful piece of advice or a funny story? Whatever you want to get off your chest, put it to paper and send it to us at **Age UK Barnet Letters Page, Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Or call Teresa on 07502 989 403.**

We will try to address any issues raised in future editions and will print a selection of the letters we receive.

*To whom it may concern
Many thanks for giving us the Pigeon Post Newsletter. Just what we need to keep us sane, honestly.
But I think there is light at the end of the tunnel.
Since this vaccine 3 million have already been injected.
Thank God for all those wonderful people.
Many thanks once again.*

*Yours sincerely
Kathleen O'Brien*



Clean Stainless Steel

Rubbing alcohol will remove spots from stainless steel—pour a little of the liquid on a cotton ball and wipe over problem areas.



Dear All,

How kind of you to take the time to print and send out this very interesting Pigeon Post Newsletter.

I love to read it and have a good laugh at the jokes.

Love from Mavis x



SOGGY BREAD REMEMBERED by Geoff from Barnet

When I was about ten I had a friend called Leon, who was about the same age as me. He lived further up the same street so when his mother sent him shopping he had to pass our house. On the way back he would often call in.

On this occasion his mother had sent him to buy a long-tin loaf from the baker's in the High Street. He called at our house on the way back, his loaf under his arm. I was particularly pleased because I had something special to show him - a big hole which I had dug in our garden about a yard wide and quite deep. I was very proud of my hole. What's more, not quite knowing what to do next with my hole, I had filled it with buckets of water. Masterly!



*Illustration by Harley -
just for Pigeon Post readers!*

So Leon and I stood side by side admiring my water-logged masterpiece, his loaf under his arm. Quite how it happened I don't know. He must have moved his arm. Anyway, the loaf fell into the water. So there we were on our knees at the edge of the hole, scrabbling about trying to retrieve the loaf. When we got it out, it was a bit soggy and muddy. So what do you do when your loaf gets muddy? We might have only been ten years old but we knew the answer to that one. You wash it, of course. So we did and Leon went home to his Mum with a soggy loaf. In my mind I heard him say: 'Sorry the loaf's a bit soggy, Mum. That's the bad news.'

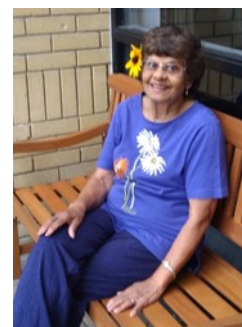
YOUR LIVES, YOUR STORIES!



Each month our reporter Linda Jackson has a lovely chat with one of you readers and shares your stories with the rest of us. This month Linda speaks to Martha from Barnet.

Martha is a lively and very much “on the ball” lady of 81. She has lived in Barnet for 42 years, but moved to sheltered accommodation seven years ago with her husband, who has since died. She has three children, only one of whom lives locally. She says they are wonderful children, very caring, and always checking up on her, and ready to help at any time.

The family originally came from Kenya, which was a “paradise”, and she had a happy childhood. When she married and had children, they decided to come to the UK for the educational opportunities “England has so much to offer”. She worked for the NHS for some years as a secretary.



Martha says she is never bored, and always has something to occupy her. She enjoys cooking, especially for her family. She was in the middle of baking a cake when I called. She loves gardening and helps with planting flowers, bulbs and even vegetables in the communal garden. She does her own shopping once a week, “I prefer choosing my own fruit and vegetables.”

Before lockdown she enjoyed meeting the other residents in the communal lounge for a chat and a cup of tea, she feels that they have a real community. The manager is “lovely” and chats to everyone. Otherwise she will read a little or watch television, but she has to limit this because of eyesight problems. Martha is sustained by her strong Catholic faith, and misses going to church regularly and seeing her priest.

Martha is one of the most positive people I have talked to for a long time. She says: “I never moan, but just thank the Lord for what I have”. She also said that she hates bothering people if she can do something herself. I am sure this attitude will keep her active and outgoing during lockdown.

**Has something extraordinary happened to you? Maybe you had an unusual career?
Whatever your story, please get in touch if you'd like Linda to share it with us.
Please phone Teresa on 07502 989 403.**



PET PAL OF THE MONTH

Each month, celebrate one of your pets. Just let us know what your pet means to you by phoning Teresa on 07502 989 403 or writing to Pet Pal of the month, Age UK Barnet, Ann Owens Centre, Oak Lane N2 1LT... If you haven't got a photo, we can arrange for a member of our team to take a doorstep photo.

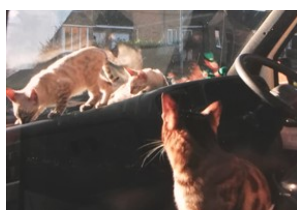


Kushka the campervan cat

Bill and Fay from Whetstone are proud of their well-travelled Bengal Cat, Kushka

'She accompanies us in our campervan all over the country. When we first started going to campsites, we'd keep her on a lead, but she is so used to it now that we let her roam free.

'Some years ago she gave birth to a litter of six kittens when we were on our way to the north of England. While we were there, we had an urgent phone call regarding a close friend who'd been taken into a hospice on the Isle of Wight. We raced down there and took the kittens and Kushka in to see her. Kushka hadn't let us handle the kittens yet, but she allowed our friend hold them before she died. It was a heart-rending moment.'



RECIPE TIME....



CHICKEN MARENGO

Ingredients

2 tablespoons olive oil
1 carrot, chopped
1 medium onion, chopped
50g bacon, cut into slices
330g mushrooms, sliced
100g tomato puree
2 medium tomatoes, chopped
100ml red wine
2 cloves of garlic, crushed
80g plain flour
1 litre of low salt chicken stock
500g cooked chicken
1 bay leaf
30g chopped parsley

Method

In a casserole dish, heat 1 tbsp of the olive oil. Add the onion, garlic, carrot and bacon and cook for 2 minutes. Add the tomato puree and cook for another minute.

Stir in the chopped tomatoes, bay leaf and flour and leave to cook for another minute.

Add the wine and the majority of the chicken stock, then bring the mixture to the boil and let simmer for 20 minutes.

In a frying pan, heat the rest of the olive oil and cook the mushrooms until soft. Add the remaining stock and stir in the cooked chicken.

When the sauce has been simmering for 20 minutes, add the chicken mixture and heat for a further 5 minutes.



QUICK & EASY PANCAKES

Ingredients

125g plain flour
2 tablespoons caster sugar
2 teaspoons baking powder
1 teaspoon salt
1 egg, beaten
235ml milk
2 tablespoons vegetable oil

Method

In a large bowl, mix flour, sugar, baking powder and salt. Make a well in the centre and pour in milk, egg and oil. Mix until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 60ml for each pancake.



CHOCOLATE SHREDDED NESTS

Ingredients

4 shredded wheat, crushed
2 tbsp coco powder
4 tbsp brown sugar
8 tbsp semi skimmed milk
16 chocolate mini eggs



Method

Place 16 fairy cake cases on to a tray

Add cocoa powder, brown sugar and milk to a small saucepan

Heat on a medium heat, constantly whisking, until thickens and is silky in appearance, like a chocolate caramel sauce

Remove from heat, add the crushed wheat and mix with a wooden spoon until all the wheat strands are coated

Spoon the mixture evenly into the fairy cake cases

Using a square of greaseproof paper, gently push down so the grains are packed together

Top each nest with 1 mini egg then place the tray in the freezer for 1 hour to set



A lot of people have been telling us that, since the beginning of lockdown, they're forgetting things they're sure they would have remembered before. So is lockdown having an effect on our memory? We ask our trustee neuroscientist Catherine Loveday.

OUR MEMORIES AND LOCKDOWN

'There hasn't been a huge amount of research yet into the effects of lockdown on memory, but one study under peer review **has assessed people at five different points during lockdown,**' says Catherine. **'The researchers found that** people's cognitive function – their memory, concentration and attention – got worse when they went into lockdown. But the good news is that it improved when restrictions eased, and particularly among people who were out and about more and had more social interaction.'

So why does staying inside have such a negative impact?

When we see and talk to people, we exchange information about our lives - tell stories about what we're doing and what we've done in the past. 'Those acts of discussion are part of the way we reinforce and consolidate our memories,' says Catherine.

On top of this, if we stay indoors there are fewer cues to trigger memories. When we're out in the world, there are constant reminders of what we've done before and things we should do – even if it's just when we're walking around the supermarket!

It's not only these interactions that stimulate our memories, the simple act of leaving the house activates the part of the brain responsible for storing memories.

'When we leave the house, our memory systems - our hippocampus - is more active because from an evolutionary point of view, we have to find our way home again,' says Catherine. 'So by activating those parts of the brain, we are stimulating the memories.'

The free-floating anxiety of this ongoing pandemic will also be affecting our memories, so it's not surprising that we're all a little bit more forgetful at the moment. Don't worry, once life gets back to normal again, you'll probably be as sharp as you ever were. In the meantime, Catherine shares a few brain boosting tactics.

- Add variety to your day if you can – learn something new, start a new hobby, take up an old hobby
- Try to get out if it is safe and possible for you to do so – even if it's a half-hour stroll
- Do take (safe) opportunities to chat to friends and family even if you think you've got nothing much to say - conversations about how your plants are doing or what the dog ate for dinner may seem trivial but they stimulate our memories
- Begin a written diary or a photo diary and add to it every day
- Play word games or card games, whether it is online or with family



STAY ALERT! Police Community Support Officer Nicole Bond, offers her tips on protecting yourself from burglaries

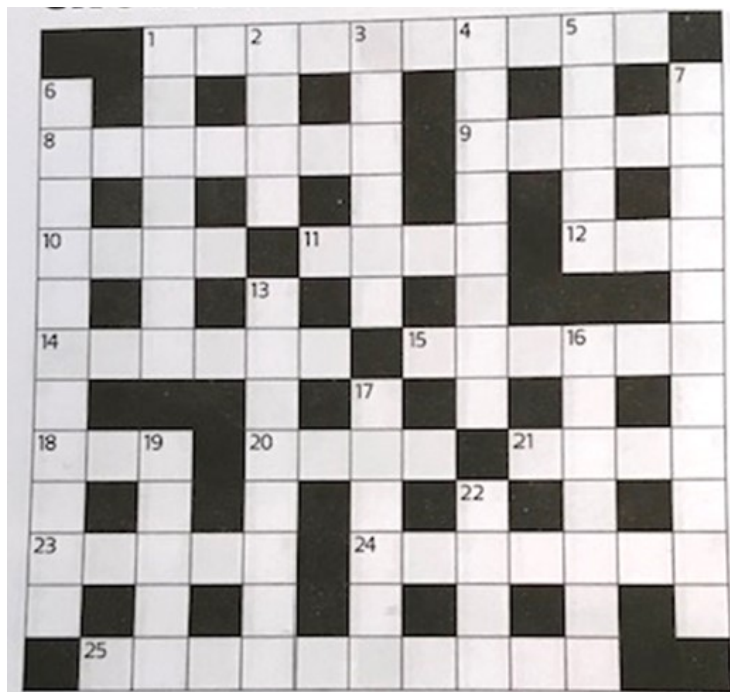
During these difficult times, sadly fraudsters and burglars do not take time off. If you are not expecting a visitor be wary, do not open the door to people you do not know. If they have a genuine reason to speak to you, they will happily go to a nominated neighbour to verify their reasons for calling on you. Do not let strangers into your home.

Many burglaries are opportunistic burglars taking advantage of open/unlocked doors or windows. Even if you only go out for a few minutes, make sure you lock up. If you leave the house, use either a timer switch or leave on a light and the radio or TV. Close the curtains and do not leave your home in darkness. Keep hedges at the front low and install outdoor lighting, so burglars have nowhere to hide.

Make sure the side of your property is secure. Do not leave rubbish bins out the front of your home as these can be used to climb over side gates.

To report a crime call 101 or in an emergency always call 999

PUZZLE TIME....



ACROSS

1	Thin crinkly fabric (10)
8	Direction (7)
9	Rascal (5)
10	Tablet (4)
11	US actress _ _ _ Moore (4)
12	Summit (3)
14	<i>The _ _ _ Strikes Back</i> , film (6)
15	Supervising official (6)
18	Brood mare (3)
20	Part of speech (4)
21	Ankle-length skirt (4)
23	Jousting weapon (5)
24	Chaos (7)
25	Tally (10)

DOWN

1	Edible shellfish (7)
2	Departure (4)
3	Joe _ _ _ EX <i>Emmerdale</i> character (6)
4	Knitted jacket (8)
5	Square root of 64 (5)
6	Famous 18th century furniture maker (11)
7	Reliable, trustworthy (11)
13	Pomp, splendour (7)
16	Precious stone (7)
17	Tony _ _ _ US actor (6)
19	Fleshy tropical fruit (5)
22	Threesome (4)

SUDOKU

				6			4	
9					5			
			1					5
			6	4			5	
		8	3					
		6		7				1
	6		7			4		
8		1					9	
4		5		9		3		

Old Wives Tales - True or False?

1. Sitting too close to the TV ruins your eyes **True/False**
2. Cats 'suck babies breath' **True/False**
3. Hair of the dog cures a hangover **True/False**
4. We eat spiders in our sleep **True/False**
5. Throw salt over your shoulder for good luck **True/False**
6. Eating cheese at night gives you nightmares **True/False**
7. Picking up a penny brings you good luck **True/False**
8. Red sky at night, shepherd's delight. Red sky in the morning, shepherd's warning! **True/False**
9. Can't sleep - count sheep! **True/False**
10. Feed a cold, starve a fever **True/False**



NOSTALGIA PAGE

1960s TV



If the 50s were the innocent childhood of television, the 60s were definitely the period of rebellious adolescence. Just as the world underwent dramatic social and cultural change, so television led the way in reflecting the Swinging Sixties.

In the 60s, watching television was a separate activity. You scheduled time for it, and it was likely you just turned it on for specific shows – in the same way people used to treat radio before TV came along.

Television in Britain was in black and white until 1967 – if you wanted colour you went to the cinema and watched a movie! Viewing hours were also limited. TV did not broadcast 24 hours a day. It did not even broadcast continuously. There were scheduled breaks throughout the day and during the sixties there were many *unscheduled* breaks as well during which a piece of cardboard

would be slung in front of the camera urging “Please do not adjust your set” Colour TV was introduced to England on 1 July 1967 – The first transmission in colour was the Wimbledon Women’s Singles final. Only a few shows a week (five hours worth) were broadcast in colour at the time, with a full colour service commencing on BBC2 in December, and BBC1 and ITV switching to colour in November 1969.

Changes to tv viewing didn’t affect viewers too much, though there were howls of protest at the loss of **Take Your Pick** and **Double Your Money**, ITV’s first and most successful games shows – victims of broadcasting politics. The 60s was also the decade in which some major soap operas were created. In Britain in 1960, Granada TV launched **Coronation Street**, a representation of daily life in a Northern working class community. The series originally screened only in the north west but was soon to be networked across the country. It remains at the top of the audience ratings to this day.

News coverage came of age in the Sixties. On 14 April 1961, viewers saw the welcome of Soviet cosmonaut **Major Yuri Gagarin** in Moscow – broadcast from Tallinn, Estonia, picked up at Helsinki and fed into the Eurovision network in cooperation with Russian and Finnish authorities.



Can you name any of these TV shows?

(answers on P8)



BUTTON WALL ART

What you will need

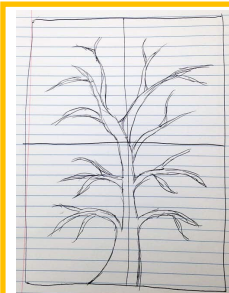
(You can buy these materials from the £ shop or somewhere like Flying Tiger)

4 White Canvases, Clear Glue, Buttons, Toothpick, Acrylic paint in black/brown, pink, green, white, yellow & blue, Pencil, Paper & wide Paint brush

You can also do this project using only one canvas if you wish



Instructions



1. Start out by sketching out the shape of the tree onto a piece of paper.



2. Next, paint your entire canvas in one of your chosen colours. Do the same with the other three.



3. Once dry, draw your tree onto the canvas, using your paper drawing as a guide.



4. Paint the entire tree, let dry and give second coat.



5. Glue the buttons onto the canvas. This takes a while, start with large buttons then fill in with smaller ones.



6. Once dry, you might like to add white dots using a toothpick around the sections of buttons.



7. Why not try a different tree design, if you feel adventurous!



Wake-up stretches to kick-start your day...

Start the day with these energising circulation-boosting stretches from our Wendy



Picture 1 - Sit tall in your chair, feet on floor, shoulders relaxed.

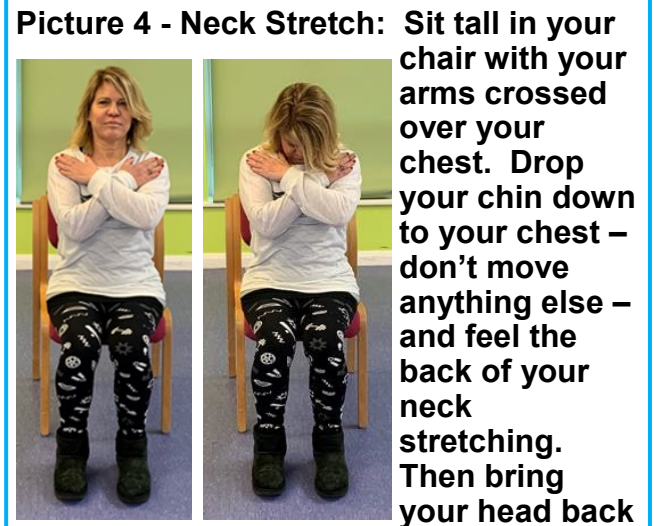
**For all exercises:
Breathe through
exercises, avoid holding
your breath.**



Picture 2 - Shrug shoulders by bringing them up to your ears and then release shoulders back down. Repeat 6 – 8 times.



Picture 3 - Shoulder rolls back and forward: Sit tall with your hands on your shoulders. Draw circles with your elbows 5 times in one direction, then 5 times in the other direction.



Picture 4 - Neck Stretch: Sit tall in your chair with your arms crossed over your chest. Drop your chin down to your chest – don't move anything else – and feel the back of your neck stretching. Then bring your head back



Picture 5 - Start as above with arms across chest looking ahead. Turn JUST your head to look over your right shoulder. Hold it there for one breath, then turn head back to centre. Repeat on your left side, turning head to look over your left shoulder and hold for one breath. Repeat 2-3 times on each side.



How can we help?

Due to the new lockdown we have had to suspend our face to face activities. We hope to resume these as soon as we can. In the meantime, we are offering the following services.

For advice about benefits, grants, housing and money concerns, phone our Later Life Planning Service on 020 8432 1417.

Would you enjoy a regular chat over the phone with a friendly volunteer? Try our Befriending Service on **020 8432 1416**

Need a handyperson to change a lightbulb or fix something in the home? For essential jobs in the home please phone our Handyperson Service on 020 8150 0963. Our handyperson team are kitted in PPE and some jobs such as changing a lightbulb are free of charge.

Unable to get out to the shops and cannot shop online? We have a new Shopping Service for people who need a light weekly shop. For more info, Tel **020 8150 0963**

Foot care. We offer basic nail-cutting (£15) at the Ann Owens Centre in East Finchley and, for people with diabetes, taking steroids or warfarin, we have nail-cutting with a podiatrist (£20). For an appointment, phone **020 8203 5040**. This service has been suspended during February.



CONTACT NUMBERS



A few useful numbers in case of emergency

Still call your GP surgery if you need an appointment. Some surgeries offer phone consultations with a GP – speak to your surgery for more information about this. If your GP surgery is closed and you need an urgent appointment, a recorded message will tell you who to contact.

Call **111** for **NHS** urgent medical advice – if you need **emergency help and services** call **999**.

If you suspect you have coronavirus, call **119** to get help or to find your nearest test centre. To get a coronavirus test you must have symptoms of one or more of the following - a high temperature, new contagious cough and/or loss of smell or taste. The test must be completed within 8 days of having symptoms to be effective.

For help on **discharge from hospital**, call **British Red Cross** on **07709 398809** or **07808 202125**.

If something needs fixing at home, call the **Age UK London Boroughs Business Directory** to get a list of vetted local trades people such as plumbers and electricians – **0800 3345056**. If you are a **Barnet Homes resident** you can call **020 8080 6587** for repairs or emergency calls.

Need to speak to someone? For a friendly chat, day or night, call **Silver Line** on **0800 470 8090**. If you are in a serious mental health crisis, please call the **24-hour Crisis Telephone Service** (for people living in Barnet, Enfield & Haringey) on **0800 151 0023** or phone the **Samaritans** on **116 123**.



Households across England and Wales will soon be told about the national census which takes place on 21 March 2021. The nationwide survey of housing and the population has been carried out every decade since 1801, with the exception of 1941. The census is for everyone. It's a unique survey that happens every 10 years and gives us a snapshot of all the people in England and Wales. It tells us what our needs are – helping inform decisions about services, like healthcare.

Keep an eye out for a letter with your access code, a bit closer to the time. Although the census has gone online, there will be plenty of help for those who don't have access to a computer.

I'm not a fan of chemical cleaning products. Any ideas? Doreen, Hendon

Here at Age UK Barnet, we're big fans of lemons. Not only will they get the job done, they're also a more eco-friendly option compared to chemical cleaners....

Freshen your microwave. Make the interior easier to wipe down by putting in bowl of water containing a chopped-up lemon, then heating it on high until the microwave's window is steamy. Let the bowl sit for 15 minutes before you open the door, then clean away any grime and grease with ease.

Remove stains from linens. This tip to treat a set-in stain is safe for even delicate or vintage fabrics: cover the stain with a paste of lemon juice and salt. Let the mixture sit for half an hour, then rinse with vinegar and warm water.

Get stains out of a chopping board. Run the cut side of a lemon over the board to remove food stains and smells. For extra cleaning power, sprinkle it with salt or bicarb first. If your stains are particularly stubborn, let everything sit overnight before you rinse with water. Wipe wooden boards with food grade oil to seal.

Shine chrome bathroom fixtures. Run the cut side of a lemon over taps, drains, and more to remove mineral deposits and make them sparkle. Rinse and dry thoroughly when you're done. Don't use this trick on gold plated taps as it could cause pitting.

VALENTINES DAY FACTS



The Valentine's Day tradition of giving a box of chocolates was started in the 19th century by Richard Cadbury, a scion of a British chocolate manufacturing family. With a new technique recently established at the company to create more varieties of chocolate, Cadbury pounced on the opportunity to sell the chocolates as part of the beloved holiday.



According to History.com, the oldest record of a Valentine was a poem Charles Duke of Orleans wrote to his wife when he was imprisoned in the Tower of London in 1415.



The heart was once widely believed to be humans' centre of memory, according to Time magazine, where feelings of love were recorded. However, we have French and Italian artists from the 14th century to thank for the symbol that we know and love today, as they were the first ones to start using this motif in their work.

COVID VACCINE APPOINTMENTS



Lifts available!

Are you struggling to get to your Covid-19 vaccine appointment?

Our wellbeing team are offering lifts in our minibus -

Monday to Friday 9.00 am-3.00 pm and some weekends.

Please phone **020 8203 5040** for further information.



FESTIVAL THIS MONTH



Chinese New Year 2021 will fall on **Friday, February 12th, 2021 and end on Feb 1 2022**. The Chinese New Year animal sign is the Ox. In preparation for the New Year, the Chinese will clean their homes and put up red decorations and lanterns. The celebrations will then officially kick off with a New Year's Eve family dinner, with fish and dumplings being served to encourage prosperity.

And finally.....

If you have enjoyed this newsletter, please let us know. Just drop us a line at **Newsletter, Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.**

We look forward to hearing from you.



Answer to Sudoku on P8

1	5	2	9	6	3	7	4	8
9	8	7	4	2	5	1	6	3
6	3	4	1	8	7	9	2	5
7	1	3	6	4	8	2	5	9
5	9	8	3	1	2	6	7	4
2	4	6	5	7	9	8	3	1
3	6	9	7	5	1	4	8	2
8	7	1	2	3	4	5	9	6
4	2	5	8	9	6	3	1	7

Answers to crossword on P8

Across: 1. Seersucker, 8. Heading, 9. Rogue, 10. Pill, 11. Demi, 12. Top, 14. Empire, 15. Warden, 18. Dam, 20. Noun, 21. Max, 23. Lance, 24. Turmoil, 25.

Correspond.

Down: 1. Scallop, 2. Exit, 3. Sugden, 4. Cardigan, 5. Eight, 6. Chippendale, 7. Responsible, 13. Grandeur, 16. Diamond, 17. Curtis, 19. Mango, 22. Trio

“We hope you have enjoyed our little newsletter – please join us again next month!”

Answers: Old Wives Tales - True or False? P8

- False.** Sitting too close to the TV will not hurt your eyesight. It could cause temporary eyestrain, which occurs when your eyes get tired from overuse.
- False.** Relax, feline fans: Your cat will not suck your baby's breath from their body.
- False.** But don't fool yourself: That morning-after drink just delays the inevitable.
- False.** The arachnophobic might sleep a little better tonight knowing this old wives tale isn't true.
- False.** It was once believed that the Devil himself stands over your left shoulder, and that throwing salt that way would blind him.
- Possibly True.** A study by the British Cheese Board claims to have proven that the theory works. The board surveyed 200 volunteers who ate a plethora of cheeses before bedtime, and found that the majority logged weird dreams the next day!
- False.** A long time ago, it was thought that metals were gifts from the gods, sent down as a form of protection. And seeing as pennies are made of copper - a metal - the currency became associated with good luck.
- True.** Apparently there is some truth behind this old adage - When the sky is red, this indicates high pressure and stable air coming in from the west. Meaning good weather will follow...A morning sky that is a deep, fiery red can indicate that there is high water content in the atmosphere. So, rain could be on its way.”
- True.** The use of visualisation and mental imagery can really assist when trying to nod off
- False.** The original saying was actually “feed a cold, stave a fever,” – stave meaning to prevent. In reality, fasting will probably weaken you at a time when it is important to up your strength.